

Type:	Symptoms:	Treatment:
Heat Rash	Red splotches, prickly skin	Clears up when worker returns to cool environment
Heat cramps	Muscle spasms in arms, legs, or abdomen	Rest and increased water intake
Heat exhaustion	Dizziness, confusion, upset stomach, unusual urination, mood changes, fainting, headaches	Move person to a cool, shaded area; loosen or remove heavy clothing; cool by fanning body or applying cold water; call 911 if person is not better in a few minutes
Heat Stroke	CALL 911 IMMEDIATELY! MEDICAL EMERGENCY; CAN BE FATAL. Dry, pale skin; no sweating; hot, red skin; unconsciousness; confusion; seizures	Move person to a cool, shaded area; place ice packs under armpits and in groin area, lay person on their back (side if nauseous); loosen or remove heavy clothing; give them a cup of cool water every 15 minutes; cool body by fanning or applying cool water; move any nearby objects from the person

Prevention

- Use the buddy system, and monitor each other for heat illness.
- Avoid direct exposure to sunlight which increases heat stress.
- Wear loose fitting, breathable clothing like cotton.
- Take frequent breaks in cool areas for at least 5 min. at a time.
- The body cools by sweating, the water lost must be replaced.
- Drink at least 1 cup of water every 15-20 minutes.
- Drink 1 electrolyte beverage every 2-3 bottles of water.
- Avoid alcohol and caffeine (including “energy” drinks).
- Switch between strenuous activities and easier ones so you’re not doing hard labor all day.
- Maximize the work load in air conditioned environments.
- Work during cool times of the day.
- Shaded or cool rest areas must be provided to employees.